



RSC-Walk with Ease Program, Arthritis Foundation

Whether you don't know how to get started or you can't find the time, Walk with Ease can help you take the first step toward making exercise a habit. The Walk with Ease program:

- helps you develop a walking plan that meets your particular needs,
- helps you stay motivated, helps you manage your pain, and
- teaches you to exercise safely.

It is an important part of helping keep your muscles strong and your joints stable. Walk with Ease will help boost your energy, reduce your stress and control your weight.

The Walk with Ease materials are based on programs which have been successfully implemented in research settings and have resulted in such benefits as increased physical activity, increased walking distance and speed, decreased pain and decreased depression.

Co-Sponsored by the Arthritis Foundation

Instr: Senior Center Staff

Loc: Senior Center Room 107

Age: 50+ yrs.....Fee: \$12

38161 Mon, Wed, Fri Sep-Oct 21 10:30-11:30am

Bill Burns



At 46, I changed my career focus from the software industry to the fitness industry. This change began when I was diagnosed with severe narcolepsy. I discovered when I exercised, my narcolepsy symptoms would recede. As a personal trainer, I have the opportunity to not only help myself but to help others take back control of their lives.

Mobility, Strength and Balance Training • NEW!

This class is designed to improve your mobility, strength and balance using the TRX Suspension Training System. You'll learn how to use your own bodyweight as the resistance used in your strength training. You will work on improving your balance in a safe and well supported environment. We will custom fit a variety of mobility exercises that will take into account how you move and the things you do on a daily basis. Best of all, you are in complete control of the exercise intensity throughout the entire session. Keep in mind that the work you do in this class (and beyond) can decrease your risk of falling thus reducing your risk of osteoporosis-related fractures. To get the most out of this class, please wear comfortable clothes, wear supportive shoes, bring a mat and bring a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$33R/\$40N

37995 Fri, Wed Sep 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$30R/\$36N

37996 Wed, Fri Oct 5-28 12-12:45pm

37998 Fri, Wed Dec 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$27R/\$32N

37997 Wed, Fri Nov 2-30 12-12:45pm

TRX Suspension Training • NEW!

This class will be taught by a Personal Trainer that is a certified TRX Suspension Instructor. Please wear appropriate athletic clothes and athletic supportive shoes and bring a mat and a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$40R/\$48N

37974 Wed, Mon Sep 7-28 6-7pm

37977 Mon, Wed Dec 5-28 6-7pm

Age: 17+ yrs.....Fee: \$50R/\$60N

37987 Thu, Tue Sep 1-29 7-8am

37975 Mon, Wed Oct 3-31 6-7pm

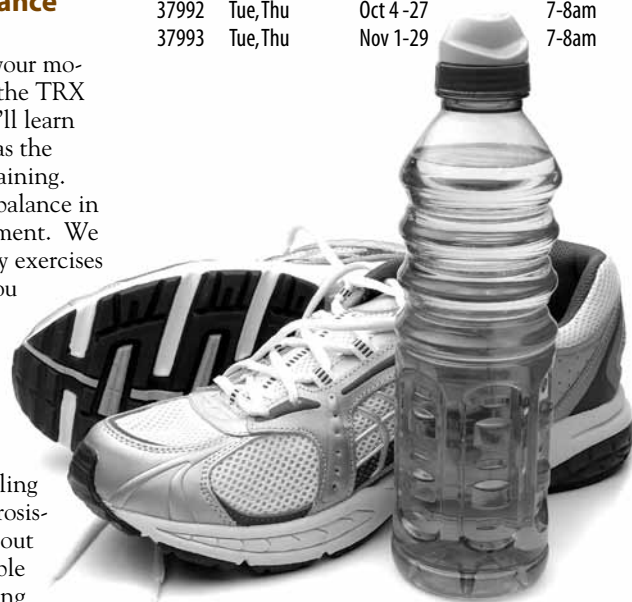
37976 Wed, Mon Nov 2-30 6-7pm

37994 Thu, Tue Dec 1-29 7-8am

Age: 17+ yrs.....Fee: \$45R/\$54N

37992 Tue, Thu Oct 4-27 7-8am

37993 Tue, Thu Nov 1-29 7-8am



HOW TO READ CLASS INFORMATION

Adult Trail Ride *Class name* *Description*

This program is designed for the recently experienced adult horsemen. The trail ride through the forest at Farrel-McWhirter is unique and invigorating.

Loc: Farrel-McWhirter Park Barn *Location*

Age: 18+ yrs.....Fee: \$35S/\$35R/\$42N

30569 Fri Apr 23 4:10-5:30pm

Class # *Class Days* *Date* *Class Time*

Senior Fee *Resident Fee* *Non-Resident Fee*